



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE
March 30, 2007

Contact: Lori A. Holmes, Public
Relations & Information Specialist,
(217) 531-2927

Champaign-Urbana Public Health District Asks for Your Help During National Public Health Week

Champaign, IL – April 2-8 is National Public Health Week. This year's theme is "Preparedness and Public Health Threats: Addressing the Unique Needs of the Nation's Vulnerable Populations." CUPHD asks citizens of Champaign and Urbana to help our community prepare by "Stocking 2 for Flu" and developing family emergency plans.

National Public Health Week is an annual observance meant to draw attention to the often invisible public health programs and practitioners providing care and services on the national, state and local levels. Public Health works behind the scenes to prevent epidemics and the spread of disease; protect against environmental hazards; prevent injuries; promote healthy behaviors; respond to disasters and community recovery efforts; and ensure the quality and accessibility of health services.

Since the inception of National Public Health Week in 1995, the public health community has taken this opportunity to focus on key issues important to improving the public's health. The staggering documented losses of September 11th and Hurricane Katrina aptly illustrate the tremendous need for each community and individual to have an effective emergency preparedness plan.

Champaign-Urbana Public Health District has filled a vital role in the Champaign-Urbana Emergency Preparedness Plan for over 15 years. "CUPHD's greatest strength is our ability to reach out into the neighborhoods and communities we serve. Our mobile and outreach programs have made our services incredibly responsive", said Vito Palazzolo,

CUPHD Administrator, Garry Bird, Director of Environmental Health also points to CUPHD's "incredible working relationships with the groups in our community, such as the police, fire and hospitals, that respond to public emergencies." "Together, we have practiced for a variety of emergencies. These practice sessions afford us the opportunity to measure our responses and make adjustments, if necessary, to provide more effective service to the community in the event of an actual public threat". said Bird. Recent emergency preparedness practice events have included mass, drive-thru, flu shot clinics; dispensing medications from the Strategic National Stockpile and a mass transit bomb threat response.

Although CUPHD and the surrounding public agencies prepare for a public health disaster, there are many steps that individuals must take to protect their families in the event of social disruption, like that which could be caused by an outbreak of pandemic flu or another infectious disease. CUPHD is asking families to *Stock 2 for Flu*, by purchasing two non-perishable food items each and every time they visit a store, and continuing to do so until they have a two-week supply of food and water. Families can also prepare by creating a disaster readiness kit consisting of:

- Portable, battery-powered or crank radio and/or television with extra batteries
- Flashlight and extra batteries
- First aid kit and manual
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Matches and waterproof container
- Whistle
- Extra clothing and blankets
- Kitchen accessories and cooking utensils, including a can opener
- Photocopies of credit and identification cards
- Cash and coins
- Special needs items, such as prescription medications, eye glasses, contact lens solutions and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, and pacifiers

The Champaign-Urbana Public Health District has served the Champaign-Urbana community for the past 70 years. Please join us in celebrating National Public Health

Week 2007 by creating a family disaster plan and Stocking 2 for Flu.

For more information about CUPHD's programs and services, visit us on the web at www.cuphd.org. For more information on preparing for a disaster, go to www.Stock2forFlu.com.

###